



Warren Roseborough photos

Military children show their colors for April celebration

The Child Development Center celebrated April, the Month of the Military Child (MOMC) last week when everyone, including the staff, donned t-shirts (in photo above) with the official MOMC logo, "Show Your Colors." A young CDC enrollee (right) models while she pauses from running and playing.



Newsbriefs

Dream Interfaith Ministries

Dream Interfaith Ministries is looking for volunteers to help with a summer lunch, health and fitness program for children at Centennial Park (behind the YMCA) in Millington. The program will be held June 6-July 15, 10 a.m.-1 p.m. Volunteers will play games with the children (basketball, baseball, etc.); help serve lunch, and other activities. A volunteer with a commercial driver's license is needed as well. Volunteers can pick the days, dates and times they are available to work. This year organizers hope to help over 100 children ages 5-18 each day. For more information, please call Dream Interfaith Ministries at 487-7747 or 872-0403.

Veterans Services golf tournament

On Friday, May 27<sup>th</sup>, Alpha Omega Veterans Services (AOVS) will host the First AOVS Golf Tournament and Silent Auction. The tournament, with a four-person scramble format, will be held at Memphis National Golf Course in Collierville, Tenn. beginning at 1 p.m. This event will raise funds for AOVS, which specializes in services for homeless veterans, including providing food, shelter, clothing, medical treatment for disabilities and other services. For additional information, please call 901-272-2839 or 218-8785. The AOVS Web site is <http://www.aovs.org>.

Uniform change

The change to the summer uniform period for Navy personnel will occur at 12:01 a.m. on May 2.

Concerts by the Green

Bring your friends and join MWR for the May Concert Series to be held on Glen Eagle's Golf Course greens every Friday in May: May 6: Glen Templeton (country music) May 13: Blues Busters (blues-drenched classic rock) May 20: Andy Childs (Memphis music) May 27: Navy Band (top 40)

There will be a special door prize each week. The concerts are free and open to the public. Bring blankets and lawn chairs. No coolers or pets are allowed. Hamburgers, hot dogs and other food and beverage specials will be available for purchase.

Taco Bell hours

Beginning May 2, the base Taco Bell's new hours of operation will be 10:30 a.m.-3 p.m., Monday through Saturday.

Captain's Cup bowling

Captain's Cup bowling season has arrived. The season begins May 5, runs for 12 weeks, and ends Aug. 6 at Bartlett Lanes on Stage Road. Memorial Day and July 4th weekends will be off weeks. Teams will consist of four people with at least one individual of the opposite sex. All rosters must be submitted no later than May 20. A meeting will be held on the first night of bowling, May 21, at 6 p.m. If interested, contact ASC Michael Ballard, 874-4904, e-mail [michael.l.ballard@navy.mil](mailto:michael.l.ballard@navy.mil); or CTRCS Michael Engle, 874-2305, e-mail [michael.enge1@navy.mil](mailto:michael.enge1@navy.mil).



Tonya Barker



Jim Frank

Wayne Smith photos

Barker and Frank chosen the top civilians at NSA Mid-South for 2004

Tonya Barker has been selected the NSA Mid-South Senior Civilian of the Year for 2004.

In 2004 Barker held two different positions within NSA Mid-South: the Public Works Department's (PWD) Environmental Division director and the assistant public works officer (APWO).

Barker accepted the assignment as the APWO on a temporary basis after the incumbent retired. She transitioned from being a division director, managing nine people, to the APWO position, managing 42 people with far greater demands and responsibilities.

As the APWO, she impacted maintenance, repair, and construction throughout the base and was directly responsible for the detailed management of PWD's budget, ensuring all funds were efficiently spent by providing the most critically needed repairs and base improvements.

Barker improved the overall condition of the facilities and infrastructure by eliminating critical Annual Inspection Summary (AIS) facility deficiencies. Coupled with the continuing demolition program, this reduced the critical AIS deficiency backlog by 43 percent.

Barker reduced maintenance and utilities costs by completing one demolition project to remove four old barracks buildings and a fuel oil storage tank, while managing the design of another demolition project to remove the last four pinwheel buildings and the old Veterinary Clinic for execution in FY05. The command's demolition program is considered one of the best in the Navy, resulting in over two million square feet of footprint reduction since 1996.

Barker demonstrated aggressive stewardship of base facilities and natural resources. She adapts quickly to diverse and challenging responsibilities. Her performance has resulted in her recognition as the NSA Mid-South's Senior Civilian of the Year.

James D. Frank was recently named Junior Civilian of the Year 2004 for NSA Mid-South.

Frank is the lead for the Inmate Control Branch and has filled the role of a supervisor in many facets over the 2004 calendar year.

Some of his duties included managing time cards and coordinating leave periods for branch employees, and compiling and submitting the Activity-Based Costing/Management report. He also manages a monthly budget for cleaning supplies in six buildings for two major commands. He was responsible for the coordinating and training of all inmate detail escorts twice in the past year, and the daily transportation and the security/handling of pouch checks from 65 to 90 federal prison inmates from Federal Satellite Prison Camp Memphis.

Frank coordinated investigations of incidents involving inmates by acting as the liaison between the prison leadership and the NSA Mid-South command investigator.

Outside the realm of his normal duties, Frank most admirably responded to the needs of the Navy after a destructive windstorm on July 4, 2004, and again in mid-August. He led, by example, his crew of government civilians and inmates, spending several full days cleaning up more than 10 truckloads of debris and cutting up and retrieving trees around the entire base.

Frank also coordinated the custodial duties of buildings S-455 and S-456, with only two inmates assigned, for over five months.

He completed the turnover of the care of building S-456 to the Base Operating Support Services contractor. He supported the MWR Department in its preparations for the visit of some 300 service members and 20 admirals to the annual National Naval Officers' Association convention held in the Mid-South Conference Center.

Over the past year, Frank always ensured that the Inmate Control Branch's response to any request or situation was always in a timely manner. Frank has earned the respect of his coworkers.



Warren Roseborough photo

Spring cleaning in the zone

MA2 Eric Freeman (left), Navy Branch Health Clinic, NSA Mid-South, and HMC Rob Benjamin, NBHC, clean and rake out the flower bed of the Health Clinic for Earth Day, which was celebrated on base Friday, April 22. Personnel from all across the base pitched in to work on their assigned zones and beautify the environment.

Everyone can participate to help 'Green the Government'

From the NSA Mid-South Environmental Department

Preserving the delicate balance within the environment to protect ourselves and our posterity is up to each one of us. Now you will have an even greater opportunity to participate in the environmental management of our base. By virtue of Executive Order 13148, there is new incentive for all

federal agencies to "Green the Government" through leadership in environmental management. The Navy's Environmental Management Systems (EMS) program will help to attain that goal by December 2005.

The Environmental Management System is a formal management framework intended to help an organization achieve its internal environmental objectives through repeatable and consistent control of its opera-

tions. As stated by the Chief of Naval Operations, the EMS will systematically use five basic components to accomplish full compliance with legal requirements and to continually improve mission performance by reducing environmental risks and costs:

(1) POLICY: Public commitment by senior leaders to ensure compliance, pollution prevention, and continual improvement of management systems. (Cont. on p. 6. See Environmental)

# Commentary

## Captain's log

There's much going on around NSA Mid-South.

This past Friday, NSA Mid-South observed Earth Day. Not even the threat of rain could dampen the spirits of personnel and volunteers that turned out to pick up every stray cigarette butt and errant scrap of paper that kept our base from looking its absolute best.

I want to personally thank everyone for your efforts. The base definitely looks a lot better. In addition to the litter gone, we've also got a few new pansies planted adding a splash of color. NSA Mid-South is a base we all can be proud of.

Improvements to NSA Mid-South are also taking place in the form of new construction and renovations to old buildings. A contract to construct a new Pass and ID building was awarded in September. This new 2,800 square foot facility will provide a one-stop shop for personnel and vehicle passes. We estimate completion in July.

Renovations to Joe Dugger Fitness Center also began in September. This project involves the construction of new men and women's locker rooms with separate steam and dry saunas, three glass enclosed racquetball courts and a new cardio-fitness floor area. We estimate completion of this project in July

as well. Work is going well with the contractor to begin racquetball construction next week. In the meantime, I appreciate your flexibility with the temporary locker and bathroom facilities that have been provided for your use.

On the charitable front, all active duty military in the Mid-South area should have been contacted by their local Navy and Marine Corps Relief Society fund drive representative. However, there are still a few Sailors out there who are trying to decide whether or not to donate. You know, financial emergencies happen to all of us — it could be due to a death or illness in the family, a pay problem, a vehicle repair, an unexpected medical or dental need, or some other financial crisis. The Navy-Marine Corps Relief Society provides financial, educational, and other assistance to active duty and retired members of the Navy and Marine Corps and their eligible family members and survivors. Last year NSA's Relief Society office assisted more than 100 Navy and Marine Corps members and their families and provided more than \$125,000 in interest free loans and grants. The goal for this year's fund drive is 100 percent contact of all NSA personnel to encourage them to participate.

For those who have already donated, thanks! To date we have collected over \$35,000. For those who still want to



Captain  
Helen F.  
Dunn

contribute please contact your local Navy and Marine Corps Relief Society fund drive representatives today.

And finally, the Navy Inspector General will be conducting a readiness and quality of life area visit to NSA Mid South June 20 through 29. The Inspector General has a goal to provide real value to command leadership through assistance, advice and advocacy where able. The process includes visits, focus groups and discussions with NSA staff and all Navy tenant commands. Focus groups will be held on the first two days of the visit. These focus groups will be comprised of military and civilian personnel from each Navy command. In preparation for the focus groups and the IG visit, we anticipate a web-based survey to be available from May 16 to 27 for Navy personnel to participate in. More to follow.

## Chaplain's corner

### National Day of Prayer

By Chaplain Rob Beede, NSA Mid-South Command Chaplain

The President has proclaimed Thursday, May 5 as a day of national prayer. This is an annual event where people gather to pray for our nation and for those who lead it.

The National Day of Prayer was created by an act of Congress in 1952 and is intended for people of all faiths to pray to God for our nation. The base Chapel is open each workday for prayer from 7:30 a.m.-4:30 p.m.

Please feel welcome to come in and pray on May 5. We will have a special handout explaining the National Day of Prayer, and a list of federal and state leaders for whom you can pray.

Max Lucado, a well-known Christian author, offers the following prayer for this year's National Day of Prayer:

*Dear God,*

*Not to us, O Lord, but to you goes all the glory.*

*We depend on you. You give life and breath and determine our days. You make every nation and set every boundary. We exist by your power.*

*We exist for your glory. Showcase your power through this land. Display your justice in our courts, wisdom in our governments, guidance in our schools and love in our homes.*

*Have mercy upon our sins. We have disrespected your word, disregarded your gifts, discarded your children. We are sorry. Forgive us, dear Father.*

*Grant strength to all our leaders. May they serve you first and honor you most. Remind us of the brevity of this life and the beauty of the next. Prepare our souls for the day we meet you in eternity.*

*This we pray in your holy name, Amen.*

### Speaking for the fleet

## Making the most of mid-term counseling

By FLTCM(AW/SW)  
Jon R. Thompson  
Fleet Master Chief Petty Officer  
U.S. Fleet Forces Command

Think back to your last mid-term counseling. Do you remember your last mid-term counseling? How much time did your supervisor take with you to help identify exactly where you are in your career and what you still need to accomplish before you can advance to the next pay grade? A couple of hours? An hour? A half-hour? Did you walk away from the counseling knowing for sure your boss and chain of command cared about you and your career?

Mid-term counseling is a mandatory part of our performance appraisal system, but I often wonder if it's being done effectively across the fleet. Mid-term counseling can only help you if both you and your counselor put some time and effort into making sure the counseling is meaningful, factual and accurate.

Considering you work for the Navy 365 days of the year, I don't think it's too much to ask that you and your supervisor put forth some sincere effort towards ensuring your personal growth and performance are discussed in a manner that yields progress.

Mid-term counseling objectives are clear. There are only five objectives, but achieving them isn't as easy as you may think:

- *Identify your important strengths and shortcomings.* Afair, accurate and realistic assessment of your performance is crucial to the counseling process.

- *Address specific performance problems, concentrating on ways to develop growth in these areas.* Also address your strengths, and encourage your future development. Point out

ways to improve, but don't dwell on unimportant faults in the belief that criticism is essential to counseling.

- *Present a performance growth plan, if appropriate.* Be sure that goals are challenging but realistic and attainable for the Sailor.

- *Ensure the Sailor has a clear understanding and acknowledges her/his performance during the review period.*

- *Review what is expected of the Sailor before the next counseling session or evaluation report.* Ensure the Sailor understands the supervisor's expectations.

Shipmates, the counseling objectives are clear, but somewhat difficult to perform effectively. Each of the objectives calls for you to communicate in an open and meaningful manner. Mid-term counseling is not a paperwork drill. It's not a time to tell your better Sailors, "You're doing everything right ... just don't change a thing and your eval will be fine." Every one of our Sailors, in every pay grade, is entitled to constructive feedback on a semi-annual basis.

For counseling to be truly productive, there are things that must be done by the counselor and the counselee.

Counselors should schedule time in their schedule so they are not rushed or interrupted. Additionally, they should gather as much information on the Sailor as possible so they have what he or she needs to highlight both strong points and weaknesses. It's probably also a good idea to think about what you plan to say at the opening of the counseling session and how you plan to close it. Each Sailor is different. Each Sailor responds to counseling a little different. If you truly know your people, you'll know how to alter your approach to ensure they feel comfortable talking to you.

The counselee should complete a personal self-appraisal (available from your

counselor or in the evaluation instruction). The counselor should also do his or her best to write down what they have done since the last evaluation.

The more specific, the better the feedback.

Finally, counseling is not one-way conversation. Counseling is not a lecture from your supervisor. Effective counseling focuses on you and your accomplishments and/or weaknesses, not the counselor's. Too many counselors tend to inject themselves too often. Unless the counselor is the counselee's mentor, one should not assume that for a Sailor to be successful he or she must do as you have done. There are many right paths to take in the Navy. If a counselor implies that the only road to success is to do as they did, the counseling is probably not very constructive.

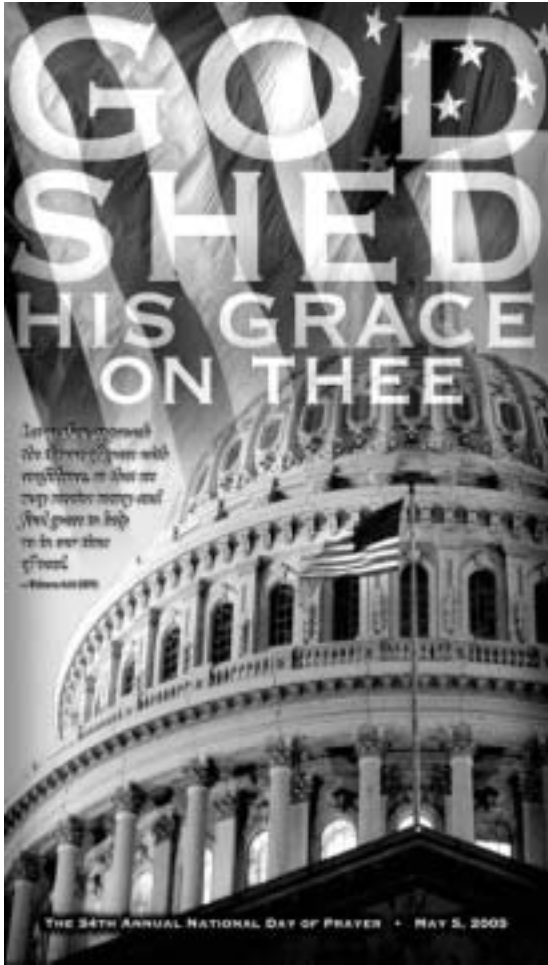
Why do I focus on counseling? Clearly every one of you matters. As we navigate through our careers, we all need feedback. Without feedback, we might come to believe we have reached our peak performance. Honestly, I've never met a Sailor who couldn't do a little more if he or she was provided constructive feedback.

Leadership is about doing the right thing. It's also about managing your peoples' careers. Having said that, the truth is that no one in the Navy cares more about your career than you. My challenge to each of you is to ensure your own mid-term counseling is meaningful by being prepared and engage in a conversation with your supervisor that helps shed some light on what you might be able to do in terms of improvement.

Additionally, if you are a supervisor who conducts mid-term counseling, make a concerted effort to provide each of your Sailors quality time and take the time to listen to them. My experience tells me that when you let a Sailor tell you about what he or she likes about his or her job and the Navy, the answers often surprise you and lead to constructive, meaningful counseling.



Thompson



## Quote noted

Sports is the toy department of human life. -- *Howard Cosell*

Education makes machines which act like men, and produces men who act like machines. -- *Erich Fromm*

Doctors and scientists said that breaking the four-minute mile was impossible, that one would die in the attempt. Thus, when I got up from the track after collapsing at the finish line, I figured I was dead.

--*Sir Roger Bannister*

We're going to turn this team around 360 degrees.

--*Jason Kidd, US basketballer, on joining the Dallas Mavericks*

The greatest escape I ever made was when I left Appleton, Wisconsin.

--*Harry Houdini*

No man should be in public office who can't make more money in private life. -- *Thomas E. Dewey*

Home is the place where, when you have to go there, they have to take you in. -- *Robert Frost*

## Chapel Center Ministry Luncheon

Thursday, May 12, 2005 at noon in the  
Chapel Center Fellowship Hall.

Guest Speaker:  
Jim Remeur with The Navigators ministry

THE NAVIGATORS  
THE BIBLE BROADCASTING SOCIETY

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# Retired Activities Seminar a success on board base

Story by Brenda Sherman  
Photos by John Perales

Last weekend a crowd of approximately 600 retirees from all branches of the military attended the Retired Activities Seminar, presented by the Fleet and Family Support Center (FFSC). Booths from 29 organizations were set up in the Crystal and Magnolia Rooms, with representatives dispensing information through flyers and brochures. Several weeks of planning and coordination between Brenda Sherman, event coordinator, MWR and various military and community organizations went into making this year's seminar a success. FFSC took special initiative this year in actively partnering with MWR. MWR defrayed the event's marketing and venue cost, resulting in a cost savings of around \$1,150. Retirees from as far as Illinois anxiously awaited presentations from representatives from the Department of Veterans' Affairs, the Military Officers' Association, TRICARE, the Armed Forces Retirement Home and the Defense Finance and Accounting Service. Evaluation forms passed out after the seminar said this was an excellent opportunity for retirees to get the latest information on their issues and concerns in one location.



FFSC staff (right) hands out seminar programs and information to retirees.



Attendees seat themselves in the Mid-South Conference Center auditorium before the seminar starts.



Free blood pressure screenings were given as part of the information booth lineup.



HM2 Lisa Haswell photo

HM2 Corey Richard Caswell (right), leading petty officer at the Family Practice Clinic, Naval Hospital Corpus Christi (NHCC), was selected for the Fiscal Year (FY) 2004 STA-21 Commissioning Program. Caswell was selected as one of only 400 candidates from a field of over 1,600 applicants. Capt. Alton L. Stocks, the commanding officer at NHCC, congratulates Caswell during a command personnel inspection.

## ‘Seaman to Admiral’ taking applications

By JOC Bruce Moody  
Naval Service Training Command

The Seaman to Admiral (STA-21) commissioning program, which provides a pathway for qualified Sailors to receive college educations and Navy commissions, is soliciting applications for FY 2006.

The deadline for applications is July 1. The selection board will meet during September and the names of selectees will be announced via message traffic in October.

Program coordinators stress that age requirements are significantly different this year. For a complete list of requirements and more information on STA-21, see OPNAVINST 1420.1A, NAVADMIN 063/05, or visit the STA-21 Web site at <https://www.sta-21.navy.mil>. Sailors should consult with their command career counselor and chain of command for submission requirements and recommendations.

STA-21 is a full-time undergraduate education and commissioning program open to enlisted personnel of all pay grades and ratings who meet eligibility requirements. STA-21 is designed to improve support for Sailors interested in earning a baccalaureate degree and a commission as a naval officer. Selectees are authorized a maximum 36 months of full-time, year-round study to complete a baccalaureate degree. However, preferential consideration will be given to those applicants requiring 24 months or less of full-time study.

Participants in the STA-21 program

remain on active duty while attending college and benefit from an education voucher valued at up to \$10,000 per year to cover tuition, fees and book costs. STA-21 participants will become members of and drill with a local Navy ROTC unit. Upon graduation, STA-21 participants will be commissioned as ensigns and return to active duty in the fleet.

In addition to the \$10,000-per-year voucher, Sailors receive their basic pay and basic allowance for housing, are eligible for advancement, and many will be eligible for fleet housing units as well.

Candidates may apply for either the STA-21 Core Option of the STA-21 Target Option programs. The STA-21 Core Option allows officer community assignment to an unrestricted line designator during the final year of college based on the needs of the Navy, individual qualifications, aptitude, experience and preferences. A limited number of STA-21 Target Option billets are available for those interested in joining the following communities upon entry to STA-21: nuclear (surface or submarine), aviation (pilot), aviation (naval flight officer), surface warfare, special operations, special warfare, Nurse Corps, Supply Corps, special duty officer (intelligence), special duty officer (information warfare), and Civil Engineer Corps. Those not selected for these Target Options will, if desired, be considered for the STA-21 Core Option. With the exception of special warfare and submarine options, STA-21 designators are open to both genders.

## New food pyramid is stairway to healthy lifestyle

Agriculture Secretary Mike Johanns recently unveiled MyPyramid, a new symbol and interactive food guidance system. "Steps to a Healthier You," MyPyramid's central message, supports President Bush's HealthierUS initiative which is designed to help Americans live longer, better and healthier lives. MyPyramid, which replaces the Food Guide Pyramid introduced in 1992, is part of an overall food guidance system that emphasizes the need for a more individualized approach to improving diet and lifestyle.

"MyPyramid is about the ability of Americans to personalize their approach when choosing a healthier lifestyle that balances nutrition and exercise," said Johanns.

MyPyramid incorporates recommendations from the 2005 Dietary Guidelines for Americans, which was released by the U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS) in January. The Dietary Guidelines for Americans provide authoritative advice for people two years of age and older about how proper dietary habits can promote health and reduce the risk of major chronic diseases.

The MyPyramid symbol, which is deliberately simple, is meant to encourage consumers to make healthier food choices and to be active every day. Consumers can get more in-depth information from the new Web site, MyPyramid.gov, so that they can make these choices to fit their own needs.



The MyPyramid symbol represents the recommended proportion of foods from each food group and focuses on the importance of making smart food choices in every food group, every day. Physical activity is a new element in the symbol.

- MyPyramid illustrates:
- **Personalization**, demonstrated by the MyPyramid Web site. To find a personalized recommendation of the kinds and amounts of food to eat each day, go to MyPyramid.gov.
  - **Gradual improvement**, encouraged by the slogan, "Steps to a Healthier You." It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.
  - **Physical activity**, represented by the steps and the person climbing the

of daily physical activity.

- **Variety**, symbolized by the six color bands representing the five food groups of MyPyramid and oils. Foods from all groups are needed each day for good health.
- **Moderation**, represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats, added sugars, or caloric sweeteners. These should be selected more often to get the most nutrition from calories consumed.
- **Proportionality**, shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check MyPyramid.gov for the amount that is right for you.

## Advancement opportunity to senior chief improves

### NNS

The Navy has good news for chief petty officers looking to move up a rank, as advancement opportunity increased 1.23 percentage points over last year to 11.50 percent overall.

"The backbone of Navy leadership at the deckplate rests with our senior enlisted," Vice Adm. Gerry Hoewing, chief of naval personnel, said. "As we develop the Navy of the 21st century, that role will only increase ... increased advancement opportunity for our qualified and experienced Sailors aspiring to senior leadership positions is a win for the Navy and a win for our skilled senior enlisted."

Chief petty officers eligible for the board increased by 48 to 15,011 this year with 1,726 of them advancing to E-8. This represents an increase of 189 quotas for new senior chiefs compared to last year.

Fifty ratings maintained or increased their advancement opportunity. There were 34 ratings that showed a decline in advancement opportunity from last year, but 11 of those still have advancement opportunities above the Navy average.

Some of the ratings showing advancement growth include boatswain's mate at 16.87 percent, up 8.47 percentage points, and mineman, growing from 13.73 percent


to 33.33 percent this cycle.

Operations specialist saw a decrease from 15.89 percent last year to 11.86 percent this year, but their advancement rate was still higher than the average.

Staying fairly steady were ship's

serviceman at 18.06 percent and missile technician at 11.25 percent.

The full list of advancement quotas is available at [www.npc.navy.mil/Boards/ActiveDutyEnlisted/SCPO+Selection+Boards.htm](http://www.npc.navy.mil/Boards/ActiveDutyEnlisted/SCPO+Selection+Boards.htm).



American Society of Military Comptrollers

Tri-State Chapter  
NSA Mid-South  
Nashville, TN

### Election to be held for American Society of Military Comptrollers Tri-State Chapter

The deadline for nominations for the 2005-2006 Executive Committee for the American Society of Military Comptrollers (ASMC), Tri-State Chapter, will be tomorrow. The election will be held on Wednesday, May 18. Newly-elected officers will be installed in June and will take office July 1.

If you would like to nominate yourself or others, please contact Martha Coley 874-8679, [Martha.e.coley@fc02.usace.army.mil](mailto:Martha.e.coley@fc02.usace.army.mil) for a nomination form.

Positions on the executive board are:

President	1 <sup>st</sup> Vice President – Scholarships and Awards
2 <sup>nd</sup> Vice President – Membership Programs	3 <sup>rd</sup> Vice President – Newsletter, Publicity and Fundraising
Secretary	Assistant Secretary/Chapter Historian
Treasurer	Assistant Treasurer

For more information about the ASMC, please logon the Web site at [www.asmonline.org](http://www.asmonline.org).

## Happenings

### May 1

Summer uniform period begins: 12:01 a.m.

### May 3, 4

Facilities manager meeting: 1 p.m., Ellison Recreation Center

### May 6, 13, 20, 27

Concerts by the Green: 6-8 p.m., Glen Eagle Golf Course

### May 20

Navy College commencement: Mid-South Conference Center, Blue Theatre, reception in Crystal Room

### May 24

MWR Expo and Career Decision Fair: 10 a.m.-1 p.m., Helmsman Complex



# Got a passion for fashion?

The Navy Exchange will hold a Fashion Show on April 30 at 1 p.m. in the lobby to introduce a selection of its spring and summer collections. The show will feature the Navy Exchange's own brand names, Basic Concepts and Modern Image. In addition, a few major name brand collections, such as Tommy Hilfiger, Liz Claiborne, Emma James, Dockers, Van Heusen, Bill Blass and others from the ladies', mens', children's and shoe departments will be thrown into the mix.

## Environmental (continued from p. 1)

(2) PLANNING: Integrated planning, including development of targets to reduce environmental impacts and support mission priorities.

(3) IMPLEMENTATION: Operations to attain those targets and training to ensure competence and responsibility.

(4) CHECKING and CORRECTIVE ACTION: Procedures for self-evaluation and corrective action, including inclusion of priority needs into the budget process.

(5) MANAGEMENT REVIEW: Periodic senior leader review of the management systems for improvement and publication of review results.

Accordingly, NSA Mid-South will execute this program by using Malcolm Baldrige Quality criteria and by adopting the nationally recognized framework described in the *International Standards Organization (ISO) 14001 of 2004: Environmental Management Systems – Specification with Guidance* that stipulates the use of “best-in-class” business practices to enhance overall mission performance. Those business practices will cross all business subsystems, but can be applied to such environmental protocols as air, water, wastewater, storm water, hazardous waste generation and disposal, and the management of natural, cultural, and historical resources on our installation.

The base is well along the way to fulfill the requirements of ISO 14001. The commanding officer of NSA Mid-South fully supports the program. One can find her signed environmental policy statement

placed in key locations throughout the base. She has demonstrated personal leadership by creating the base's first Emergency Medical Services (EMS) advisory team and approving the EMS Implementation Plan. Membership on the EMS advisory team will not only include key representatives of NSA Mid-South installation program managers, but it will also invite personnel from other commands for short periods of time for relevant purposes. You may wish to provide your comments about the base's environmental program to any of the following personnel on the Advisory Team:

Environmental Department: Rob Williamson and Randy Wilson (environmental protection specialists)  
Legal: Lt. Cmdr. Kristen Coyne (Legal/Discipline officer)

Safety: Al Loschky (Public Safety officer)  
Fire: Adrian Johnson (acting fire chief)

Plans: David Wainwright (architecture technician)  
Facilities: Lt. Craig Clutts (production control officer)

MWR: John Duncan (assistant MWR director)

Consistent with the Chief of Naval Operations' intent, systematic environmental management is an integral part of our daily decision-making. Long-term planning processes support mission readiness and effective use of our resources. Your participation through a robust EMS is essential to sustaining compliance, reducing pollution, avoiding risk, and preserving our environment for the future.

## Let's begin with a can of fruit pie filling ...

By Pam Branch

Canned fruit pie filling provides a shortcut to simple desserts without the painstaking work of peeling and chopping fresh fruit.

### Peach Melts

- 1 cup each: flour, sugar (divided)
- 1/2 cup each: butter or margarine (softened), chopped pecans
- 1 tsp. vanilla
- 2 (21-oz.) cans peach pie filling
- 4 egg whites, at room temperature
- 1/8 tsp. cream of tartar
- 1 cup chopped pecans

## The Cupboard

Combine flour and 1/2-cup sugar; cut in butter with pastry blender until mixture resembles coarse meal. Stir in vanilla. Press mixture into bottom of ungreased 9x13-inch pan. Bake 12-15 minutes at 350 degrees; cool.

Spread pie filling over crust. Beat egg whites and cream of tartar until frothy. Gradually add 1/2-cup sugar, one tablespoon at a time, beating until stiff peaks form. Spread meringue over pie filling. Sprinkle with pecans. Bake 20-30 minutes or until golden brown at 350 degrees. Makes 12 servings.

### Choco-Berry Squares

- 1 (8-1/2-oz.) pkg. chocolate wafer cookies, crushed (about 2 cups)
- 1/2 cup each: butter or margarine (melted), semisweet chocolate chips

1 large container frozen whipped topping, thawed  
2 cups sifted powdered sugar  
1 (8-oz.) pkg. cream cheese, softened  
1 (21-oz.) can blueberry or cherry pie filling  
1 cup chopped pecans, divided  
2 T. milk  
Combine crushed cookies and butter, stirring well. Press into bottom of ungreased nine-inch square pan. Bake 10 minutes at 350 degrees.

Gradually add powdered sugar to half the whipped topping; mix until blended. Add cream cheese and beat until smooth. Spread this mixture evenly over crust; top with pie filling and sprinkle 3/4-cup pecans on top. Spread remaining whipped topping evenly over pie filling. Combine chocolate chips and milk and melt in microwave, removing to stir every 20-30 seconds. Drizzle slightly cooled chocolate mixture over whipped topping; sprinkle remaining pecans on top. Chill several hours before serving. Makes 8-9 servings.

### Chocolate Cherry Squares

- 1 box chocolate fudge cake mix
  - 1 tsp. almond extract
  - 2 eggs, beaten
  - 1 (21-oz.) can cherry pie filling
- Preheat oven to 350 degrees. Grease and flour 9x13-inch pan. Combine all ingredients; stir by hand. Pour into pan and bake 25-30 minutes. Use frosting below.

### Frosting

- 1 cup sugar
  - 5 T. butter or margarine
  - 1/3 cup milk
  - 1 (6-oz.) pkg. semisweet chocolate chips
- Combine sugar, butter and milk in bowl and place in microwave on high for 45 seconds. Stir and return to microwave, heating for 25-45 seconds or until mixture begins to bubble. Stir in chips and mix until smooth. Pour over cake. Cool before cutting into squares.

### Blueberry Supreme

- 2 cups self-rising flour
- 2 sticks butter or margarine, softened
- 1 cup chopped pecans
- 1 (8-oz.) pkg. each: cream

### Safe Driving Awards

- Jake Hancox, 20 years
- Raymond Morgan, 11 years
- Janice McConnell, 18 years
- Brett Stokes, 11 years
- Thomas Hubbert, 14 years
- Vernon Watson, 11 years
- Larry Pylant, 14 years
- James Gude, 10 years
- Gerry Sanders, 14 years
- Odell Hall, 10 years
- Donald Edmundson, 13 years
- Alan Hokes, 10 years
- Michael Reese, 12 years
- Stephen Hudson, 10 years
- Adrian Johnson, 11 years
- Larry Jones, 10 years

### Awards

#### NSA Mid-South

##### Good Conduct Medal

MA2 Francisco Lopez, Security, second award

##### Re-enlistments

MA3 Markeeta Hardin, Security, six years

GMC(SW) Charles Campbell, Security, two years, orders to Naval Inventory Control Point Mechanicsburg, Pa.

##### Length of Service

Sarah Allen, 15 years, Housing Office

##### Letter of Appreciation

Lisa Williams, Fleet and Family Support Center



cheese (softened), frozen whipped topping (thawed)

1 box powdered sugar  
1 (21-oz.) can blueberry pie filling  
Mix flour, butter and pecans. Press into 8x11-inch pan. Bake 20 minutes at 350 degrees. Mix cream cheese, powdered sugar and whipped topping. Spread on top of cooled crust. Spread pie filling on top. Cool at least 3-4 hours before serving. Makes 12-16 servings.

### Peachy Cake

- 1 box orange cake mix
  - 1/2 cup sour cream
  - 2 eggs
  - 1 (21-oz.) can peach pie filling
- Mix all ingredients using a fork. Pour in ungreased 9x13-inch pan. Bake 30 minutes at 350 degrees. Top with frosting (below).

### Frosting

- 1 (8-oz.) pkg. each: cream cheese, softened; frozen whipped topping, thawed
  - 1 (3-oz.) pkg. instant vanilla pudding
  - 1 (20-oz.) can crushed pineapple, undrained
- Mix all ingredients and frost cooled cake. Chill; refrigerate leftovers.

### Cherry Ice Box Pie

- 1 (8-oz.) pkg. each: cream cheese, softened; frozen whipped topping, thawed
  - 6 T. powdered sugar
  - 1/2 cup shredded coconut
  - 1/2 tsp. almond flavoring
  - 1 (21-oz.) can cherry pie filling
  - 1 graham cracker piecrust
- Beat cheese until fluffy. Add whipped topping, sugar, coconut, and flavoring. Mix well. Fold in pie filling. Pour into crust. Chill at least three hours before serving; refrigerate leftovers.

### Easy Fruit Salad

- 1 can peach pie filling
  - 1 large can each (drained): mandarin orange sections, pineapple chunks
  - 1 cup sliced fresh or frozen strawberries, drained
  - 1/2 cup each: raisins, chopped pecans
  - 5-6 bananas, sliced
- Mix and refrigerate prior to serving.



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MAY 19, 2005

11:30 a.m.-12:30 p.m.

FFSC, BLDG 456, 3rd DECK

Call Linda Busby at 874-5075 today to register or if you have any questions.